

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings of claims in the application:

LISTING OF CLAIMS:

1-11 (canceled)

12. (new) Device for damping the relative motion between the handle (24) and a rod (22) of a pole (20), the handle (24) being movable relative to the rod (22), between the handle (24) and the rod (22) there being a gas compression spring and a helical compression spring (17), on the rod-shaped body (5) on its end held in the tube (3) there being a seal (13), characterized in that the tube (3) in which the rod-shaped body (5) is held with its lower end is a tube (3) closed on one side, that the helical compression spring (17) is clamped between the end of the rod-shaped body (5) held in the tube (3) and the bottom (19) of the tube (3), and that the elastic insert (13) which the rod-shaped body (5) on its end which is held in the tube (3) bears a when there is pressure on the rod-shaped body (5) in the direction of displacement into the tube (3) by the helical compression spring (17) is deformed such that is placed against the inner surface of the tube (3) [sic].

13. (new) Device as claimed in claim 12, wherein the helical compression spring (17) is supported on the insert (13) of elastic material via an intermediate disk (15) which can move relative to the rod-shaped body (5).

14. (new) Device as claimed in claim 12, wherein there is a ring-shaped end stop (9) on the rod-shaped body (5) outside its part held in the tube (3).

15. (new) Device as claimed in claim 14, wherein there is an end stop damper (11) on the open end of the tube (3).

16. (new) Device as claimed in claim 15, wherein when the rod-shaped body (5) is pushed into the tube (3) the ring-shaped end stop (9) adjoins the end stop damper (11) and clamps it between the open end of the tube (3) and the end stop (9).

17. (new) Device as claimed in claim 12, wherein the tube (3) is a pole tube (22) of an (athletic) pole (20).

18. (new) Device as claimed in claim 12, wherein the tube (3) is located within the pole tube (22) of an (athletic) pole 20.

19. (new) Device as claimed in claim 18, wherein the rod-shaped body (5) of the damping device (1) is coupled to the handle-side part (26) of a pole tube (22) consisting of two parts (26, 28) which can be telescoped into one another.

20. (new) Device as claimed in claim 19, wherein the coupling (32) between the rod-shaped body (5) and the part (26) of the pole tube (22) can be released.

21. (new) Device as claimed in claim 19, wherein the handle (24) is located on one part (26) of the pole tube (22) consisting of two parts (26, 28) which are telescoped into one another.